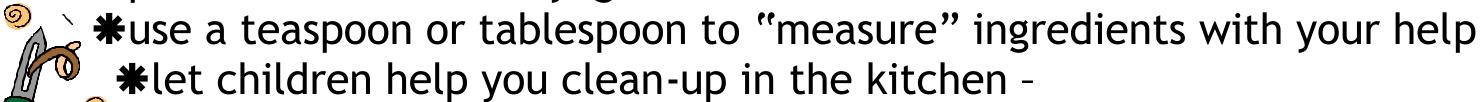
A Little Help.... Cooking!

- *fill a bowl with cereal for breakfast or a snack
- *sprinkle grated cheese on a salad or pasta
- *separate slices of sliced cheese to use on sandwiches
 - *open the lid of a small yogurt container





- *****Use back burners on the stove when cooking. Always place handles towards the back of the stove.
- *If you heat food in the microwave, always test the temperature before you give it to your child to eat.
- *Keep coffee, hot water, and other hot liquids out of your child's reach. Do not have these things in your hand when you are holding your child. Don't place them on the edge of the counter or table.
- *Bring the ingredients, bowls, and tools to a table instead of a kitchen counter. This will make it easier and safer for your child to work.
- *Always work together with you child in the kitchen.

